

# Youth Lab

**Psychological Services Section 2  
Hong Kong Correctional Services**



## OBJECTIVES

- To help young offenders develop prosocial attitudes, values and beliefs crucial to successful re-integration
- To enhance resilience that protects against future challenges
- To improve emotion regulation that promotes desistance
- To enhance problem solving that favours mental health and general self-regulation



## TARGET PARTICIPANTS

- Young offenders admitted to Pik Uk Correctional Institution
- Young offenders assessed to have psychological needs pertinent to long-term mental health and behavioral issues

## PROGRAMME STRUCTURE

- Orientation Phase – Assessment and Responsivity Enhancement
- Positive Youth Essentials (PYE) (Core Programme)
- Taking-steps Phase – Consolidation, Booster and Future planning



# POSITIVE YOUTH ESSENTIALS – CONTENT

Four themes: P.R.E.P.

- P – Prosocial Orientation
- R – Resilience Building
- E – Emotion Regulation
- P – Problem Solving

## P – Prosocial Orientation

- Value and Moral Exploration
- Prosocial Cognitive Skills
- Law and Society

## R – Resilience Building

- Social Influences and Behaviour
- Relationship with Significant Others
- Lifestyle Medicine

## E – Emotion Regulation

- Basics of Emotion Regulation
- Modulation of Anger Response
- Mindfulness in Practice

## P – Problem Solving

- Basics of Problem Solving
- Interpersonal Problem Solving
- Problem Solving in Personal Application



## PROGRAMME FEATURES

- A three-tier structure allowing needs assessment and responsivity enhancement (Orientation Phase) before delivery of core programme (PYE); and consolidation, booster and future planning (Taking-steps Phase) before discharge
- Frequency of each module ranges from 1 to 3 times per week and duration of each module lasts for 3 to 10 weeks; with flexibility adjusted according to priority of intervention needs, progress and incarceration length of participants
- Emphasize on youths' own motivation and choice to seek self-improvement to refrain from coercion and threat to autonomy
- Maximize efficiency and effectiveness through matching themes and intensity with youths' characteristics in terms of level of risk, relevant psychological needs, and learning style and abilities
- Evidence-informed with contemporary psychological paradigms and techniques in effective intervention for offender rehabilitation
- Use a variety of age- and clientele-responsive tools, such as digital technology on electronic tablets (the MindTools), Biofeedback system, expressive arts resources, therapeutic cards, emotion de-escalation materials (for practicing self-calming techniques), and panel TV
- Programme content are illustrated and activities are enriched with examples and scenarios proximal to contemporary youths' daily life and social environment or issues

